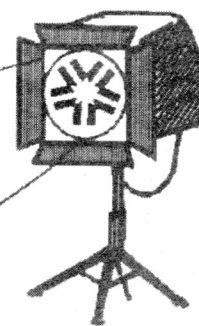


DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XX, ISSUE 4

A newsletter for D.C. Seniors

April 2005

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Remembered in Love. Just as Spring follows Winter; death follows birth in the cycle of life.

Again, the Office on Aging in particular, the District government in general, and the citywide aging community bids farewell to one of its own, Karyn Deborah Barquin. Fondly known to us as KB, she began her journey with the D.C. Office on Aging in June 1975. As the program coordinator for nursing homes, she steadily developed an expertise in the problems and issues related to the nursing home industry, quality of care, and the rights and concerns of older persons. She was the agency's first Ombudsman, a public advocate for the elderly in institutions and nursing homes.

She possessed a keen analytical mind, which served her and us well as she carried out her numerous responsibilities in the areas of planning, contract administration, grants development, and monitoring and coordination for various committees such as the Adult Abuse Committee, the Alzheimer's work group, the Project Director's monthly assembly, and the daunting implementation of the Health Insurance Portability and Accountability Act (HIPAA) for the Office on Aging.

She was the "go to" person for any and all issues about the operation of the Washington Center for Aging Services. This 262-bed nursing home came to be and remains a vital link in Washington, D.C.'s continuum of care system for the elderly because of KB's stewardship. She approached every undertaking with a spirit of determination, eye for detail, and commitment to top-level performance. After 29 years, she was at the top of her game with the designation of Long-Term Care Coordinator. Few individuals earn an outstanding performance rating throughout their work history; KB did.

KB was always thoughtful, remembering us with birthday cards and notes. She had the unique ability to make everyone feel special. So many of Karyn's colleagues in the Office on Aging have commented that her first concern was always for them - that she remembered the things in their lives that were important and always asked about them. So funny she was when practicing the steps for "line dancing" at the office parties or performing as one of the "Agettes," singing a farewell ditty to senior participants as they departed the annual celebrations.

For us in the Office on Aging and the Senior Service Network, KB's departure has come much too soon. For the 29 years that she shared with us her indomitable spirit and zest for life, we give thanks to Mrs. Barquin, Dick and Richard. We are the better because she, our colleague and Most Valued Employee, touched us all!

To our KB, we say thank you for the great memories, which will sustain us as we carry on!

*E. Veronica Pace and the D.C. Office on Aging Staff and Network*



Karyn Barquin (left) and E. Veronica Pace review plans for the D.C. Office on Aging.

## LIFTING ALL COMMUNITIES HIGHLIGHTS OF Mayor Anthony A. Williams' FY 2006 Budget and Financial Plan

### Investing in Youth

Improving the Lives of Children

**\$14 million to construct or renovate 7 recreation centers.**

### Health & Welfare

Providing Services for Vulnerable Residents

- **Begin construction of senior Wellness Centers** in Wards 4 and 6;
- **\$14 million to end chronic homelessness** based on the District's 10-year plan. Services include:
  - enhanced wraparound services for homeless individuals and families;
  - new housing assistance centers;
  - eviction prevention services;
  - construction of subsidized housing.

### City of Learning

Promoting Higher Education &amp; Lifelong Learning

- **\$3.3 million to the Mayor's Adult and Family Literacy Program** for literacy coaches and other instructional services for adults.

### Tax Relief for All

Broad and Progressive Tax Cuts

- **Proposed Tax Relief Package \$41 M**
  - Balanced between real property and income tax proposals (50/50);
  - Provides progressive tax relief;
  - Helps low-income families, especially those with children.
- **Changes Triggered by Tax Parity \$53 M**
  - Tax rate for residents earning up to \$10,000 falls from 5.0% to 4.5%;
  - Middle tax bracket expands to include residents earning up to \$40,000;
  - Tax rate for the middle bracket falls from 7.5% to 7.0%;
  - Tax rate for the top bracket falls from 9.0% to 8.7%.
- **Total Tax Relief \$94 M**
- **Income Tax Proposals**
  - Provide a non-refundable local EITC (Earned Income Tax Credit) match up to 50% \$9.5 million
  - Extend EITC benefits to non-custodial parents \$0.3 million
  - Increase the standard deduction to \$2,500 \$4.5 million
  - Increase the personal exemption to \$1,500 \$4.7 million

Continued on page 48



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

**D.C. OFFICE ON AGING NEWSLETTER***Continued from page 47***- Subtotal, Income Tax Proposals****\$19 M**

- **Property Tax Proposals**

- Increase the Homestead Deduction to \$60,000
- Increase the Homestead Deduction to \$60,000  
\$18.7 million
- Low-Income Property Tax Deferral  
\$2.0 million
- Disabled Resident Property Tax Relief  
\$1.4 million
- **Subtotal, Property Tax Proposals**  
**\$22.1 M**

- **Total Tax Package \$41.1 Million**

- **A single mother with three children earning \$24,000** per year will see her income taxes drop from \$480 a year to \$0.
  - D.C. will have one of the most progressive Earned Income Tax Credit (EITC) programs in the nation.
  - Non-custodial parents who responsibly pay their child support will also benefit from the EITC.
- **A retired couple living on an income of \$38,000 and living in their own home** will receive \$350 a year in tax relief.
  - The couple won't need to worry about rising property taxes any more - taxes will be deferred until they sell their house if they earn less than \$50,000.
- **A single person earning \$75,000 and renting an apartment** in the District will see a tax cut of \$300 a year.
- **A married couple living in their own home and earning \$175,000** a year will see a tax cut of just over \$725 a year.
- The increase in the homestead deduction to \$60,000 provides major tax relief that is better than a cap for many residents
- For example, for a homeowner living in a typical home in Cleveland Park, valued at \$450,000, the property tax relief in this bill is the equivalent of a 6 percent tax cap.
- Only houses valued between \$1 million and \$1.5 million would benefit more from a 10 percent cap than the homestead deduction.
- Residents in typical houses, with typical assessment growth rates, in neighborhoods throughout the city will benefit more from the homestead deduction.
- Typical homeowners in Trinidad, for example, would benefit \$10 from tax cap of 10 percent and \$211 from the homestead deduction.

Tune into DC Cable Channel 16 to see the progress of the budget.

# American Classic Woman of the Year

**Saturday, May 21**  
**Shaw Junior High School**  
**925 Rhode Island Ave.,**  
**N.W., WDC**

**Call 202-483-8433**  
**for more information**

## We're looking for Ms. Senior D.C. 2005. Maybe you know her...



Ms. Senior D.C. 2004  
Barbara Newman

- **She is a woman 60 years of age or older who lives in the District of Columbia**
- **She inspires others with her enthusiasm**
- **She is poised, charming and articulate**
- **Her positive philosophy of life reflects her inner beauty**
- **She is an active, vital member of her community**
- **Blessed with a special talent, she defies the myths of aging**

If you know her, make sure she is entered as a contestant in the Ms. Senior D.C. 2005 Pageant. She could represent our city in the Ms. Senior America Pageant. Contact the Ms. Senior D.C. Planning Committee Chairperson, Gwen Coleman at 202-289-1510 x 170/171.



Government of the District of Columbia  
Anthony A. Williams, Mayor

**DC OFFICE ON AGING**  
**DC SENIOR CITIZENS CLEARINGHOUSE**  
**AND**  
**OFFICE ON AGING SENIOR SERVICE NETWORK**  
**PRESENT**

**41st Annual Senior Citizens' Day**  
**"Celebrating Long Term Living and 30 years of the DC Office on Aging"**

Lunch



Information on Senior Services



Dancing



Health Screenings/Demonstrations



Thursday, May 12, 2005  
 11 am-2 pm  
 DC Armory  
 2001 East Capitol Street, SE  
 For more information and tickets call (202) 727-6604

Government of the District of Columbia  
 Anthony A. Williams, Mayor



## D.C. OFFICE ON AGING NEWSLETTER

## EMPLOYERS WANTED!

Employers are needed to hire District residents 55 and older to fulfill their full time and part time employment needs. Employers gain mature dependable, safety-conscious and hard working employees for a wide range of positions.

The D.C. Office on Aging Older Workers Employment and Training Program (OWETP) provides employment and training opportunities for District of Columbia residents 55 years of age and older. The program can match your labor needs with qualified job seekers. This service is provided free of charge.

For more information contact:

D.C. Office on Aging, Older Worker Employment and Training Program  
441 Fourth Street, NW, Suite 950, Washington, D.C. 20001 • 202-724-3662

NCBA 2005  
Senior's  
Art Contest

**Do you have a talent  
for painting, photography,  
sculpting or quilting?**

**NCBA would like to  
announce its 2005  
Senior's Art Contest**

Cash prizes, deadline May 13.  
Call Daniel Wilson at 202-637-8400,  
x134 for more information.

Escalators  
out of  
service

Persons interested in visiting the Office on Aging or traveling to the Judiciary Square station on the MetroRail Red Line, please be aware that the escalator on the 4th Street Courthouse side of the Judiciary Square Station will be out of service for the next few months. You may exit the station on the F Street/Police Memorial side of the station.



SENIOR CITIZENS OF THE DISTRICT OF COLUMBIA

## WE NEED YOU

FOR THE SENIOR CITIZENS' POLICE ACADEMY

**I**n partnership with the Office on Aging, the Metropolitan Police Department (MPD) has created a unique opportunity for seniors to understand the operations of the Department, develop problem-solving skills and strategies, become ambassadors to their communities, and volunteer to help solve crime. The MPD's Senior Citizens' Police Academy program was developed in concert with the Partnership Academy, a crime prevention leadership-training program for community residents and other stakeholders in the District of Columbia.

MPD will provide from 20 to 40 senior citizens with free courses that enable them to understand each other, their role in neighborhood safety and health and the role of their MPD partners; courses that build the capacity of neighborhood residents to impact crime and disorder problems; and courses that support the leadership that is neces-

sary to produce systemic change. The program runs for 12 weeks on Tuesday mornings for approximately three hours. Classes will begin in June 2005.



Participants must be 50 years of age or older, express a willingness to complete the entire program, be a resident of the District, and consent to a background check.

For more information, please contact Marsha Hott at (202) 727-8751 or the Office on Aging's Information and Assistance Unit on (202) 724-5626.

See the bottom of this flyer for an application form. Simply fill it out and mail to the address provided or fax it to (202) 727-0711.



★ ★ ★  
Anthony A. Williams  
Mayor



Charles H. Ramsey  
Chief of Police

E. Veronica Pace  
Director, Office on Aging

Thank you for your interest in the Senior Citizens' Police Academy. Please complete and return the form below.

NAME: \_\_\_\_\_ PHONE: DAY \_\_\_\_\_ EVE \_\_\_\_\_

ADDRESS: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

WHAT DO YOU HOPE TO GAIN FROM PARTICIPATING? \_\_\_\_\_

DESCRIBE YOUR VOLUNTEER WORK/INVOLVEMENT. \_\_\_\_\_

Mail this form to Metropolitan Police Department, 300 Indiana Avenue, NW, Room 5126, Washington, DC 20001  
or fax to Marsha Hott at (202) 727-0711

**D.C. OFFICE ON AGING NEWSLETTER**

# Community Calendar

## April events

**6th • 11 a.m.**

Join the Greater Washington Urban League Center for the Deaf and the Center for the Blind and Visually Impaired for a seminar on Medicare fraud. Call Vivian Grayton for reservations at 202-529-8701.

**7th • 11 a.m.**

Knox Hill will be having a seminar on how to save money on your utility bills at 2700 Jasper Street, S.E. Call Vivian Grayton for reservations at 202-529-8701.

**7th and 14th • 10 a.m. to 4 p.m.**

Free tax assistance for seniors with low and moderate incomes provided by a trained AARP volunteer at IONA Senior Services, 4125 Albemarle St., N.W. Approximately 45 minutes of help will be provided for preparing basic forms and schedules. This service is by appointment only. To register, or for more information about which forms and schedules will be prepared, call 202-966-1055.

**7th and 21st • 1 to 3 p.m.**

IONA's Reminiscence Group meets in April on the topic of "School Days: The 3 Rs" and on April 21 will discuss "Fads and Trends of the Past." IONA is located at 4125 Albemarle St., N.W. For more information, call 202-895-9448.

**7th • 1 to 4 p.m.**

On the first Thursday of every month, Michael Knipmeyer comes to IONA, 4125 Albemarle St., N.W., to answer questions about Medicare, HMOs, long-term care insurance, paying medical bills, paying for prescription drugs and many other issues. For an appointment, call 202-895-9448.

**10th • 12:15 to 1:15 p.m.**

Yvonne Francis, a physical therapist from the American Arthritis Foundation, will assess your walking at the United Planning Organization, 1649 Good Hope Rd., S.E. For more information, call 202-610-5900.

**12th • noon to 2 p.m.**

Dr. Jenny Masur, National Capital Region Coordinator for the National Underground Railroad Network to Freedom, will discuss the history of the Underground Railroad in the Washington area at the Historical Society of Washington, D.C., located in the old Carnegie Library building on Mount Vernon Square. Dr. Masur will highlight some of the personalities, locations, and methods of escape through the Underground Railroad system. Light refreshments provided. Cost: \$8, Historical Society of Washington members; \$12, nonmembers. Call 202-383-1850 or email library@citymuseumdc.org to make a reservation.

**12th 6:30 to 7:30 p.m.**

Control your weight, improve your health and reduce your risk of diabetes by learning how to manage your eating. Dr. Linda Smith, RD, IONA's nutritionist, discusses "How Much Should I Eat?" in a nutrition workshop at IONA, 4125 Albemarle St., N.W. Call 202-966-1055 to register.

**13th • 10:30 a.m.**

The Michaux Senior Center will host a self-defense class for older Americans, in honor of Sexual Assault Awareness Month. The center is located at 3700 Hayes St., N.E. Call 202-397-8049 for more information.

**13th • 11:30 a.m.**

Join the Bethesda Baptist Senior Nutrition Center, 1808 Capitol Avenue, N.E., for a discussion on general fire safety in your home. Call Vivian Grayton for reservations at 202-529-8701.

**14th • 11 a.m.**

The United Planning Organization and Project KEEN present Emancipation Day Expressions. In observance of the new holiday, seniors will contrast and compare the meaning of emancipation then and the effect of emancipation now, as it relates to life in Washington, D.C. The event will take place at the Phillip T. Johnson Senior Center at 3200 S Street, S.E. Call 202-584-4431 for more information.

**16th • 10 a.m. to 5 p.m.**

The American Diabetes Association will sponsor the largest expo dedicated to people with diabetes. The event will feature free health screenings and cooking demos at the Washington Convention Center, 801 Mt. Vernon Place, N.W. Admission is \$5. For more information, call 1-888-DIABETES.

**20th • 11 a.m.**

Learn more about Medicare fraud at a seminar at Asbury Dwelling, 1616 Marion St., N.W. For more information, call Vivian Grayton at 202-529-8701.

**21st • 10:30 a.m.**

The Barney Neighborhood House Senior Program will have a seminar on predators and sexual assault on seniors. The program is at 504 Kennedy Street, N.W. For more information, call 202-939-9020.

**21st • 10:30 a.m.**

The United Planning Organization and Project KEEN present "My Favorite Hat Show" at the Phillip T. Johnson Senior Center at 3200 S Street, S.E. Senior participants will fashion and tell the story behind their favorite bought, brought, begged or borrowed hat, for an afternoon of home-spun fun. Call 202-584-4431 for more information.

**21st • 10 a.m.**

Read your own poetry and poetry of others at a poetry slam at Model Cities Senior Wellness Center, 1901 Evarts St., N.E. Call Monica Carroll at 202-635-1900, ext. 11 for more information.

**21st • 6 to 7 p.m.**

IONA Senior Services, 4125 Albemarle St., N.W., holds a volunteer orientation. This program will provide an overview of IONA Senior Services, a look at the issues of aging, and a description of volunteer opportunities. For more information, call 202-895-9448.

**22nd • 9:45 a.m. to 2:30 p.m.**

Iona Senior Services Citizens Advisory Council and OWL are sponsoring a free public forum on "Our Social Security System: Will Changes Help or Hurt Current and Future Retirees?" This event will take place at the Cleveland Park Branch Library, 3310 Connecticut Ave., N.W. A complimentary lunch will be provided. Reservations are required and must be made no later than April 15. Call (202) 895-9415 for more information or to register.

**26th**

A bus ride to Midway Slots will leave from Model Senior Wellness Center at 1901 Evarts St., N.E. There is a \$10 fee and it is due by Friday, April 15. Call Monica Carroll at (202) 635-1900, ext. 11 for more information.

## Ongoing

**Saturdays and Sundays****• 10 a.m. to 3 p.m.**

Join the United Planning Organization's Weekend Nutrition Program for a hot nutritious lunch and recreational activities. The center is located at 1649 Good Hope Rd., S.E. Contact Evelyn Minor, program coordinator, for more information at 202-610-5570 or 202-610-5900.

**Wednesdays • noon**

Join the Washington Seniors Wellness Center's weekly Pilates class, which includes stretching, strengthening, breathing technique and body alignment. The class is held at 3001 Alabama Ave., S.E. Call 202-581-9355 for more information.

The Washington Seniors Wellness Center hosts a series of "Spring into the Arts" classes. Visual art (water, colors, oil and clay modeling) will be held every Thursday, flower arranging will be held on the second and fourth Thursdays of the month, the Choraleers Choir every Tuesday, creative movement on the first and second Mondays, and creative music on the first Tuesday. The classes are held at 3001 Alabama Ave., S.E. Call 202-581-9355 for more information.

## SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

## For a Better You



Join seniors across the District as they begin a campaign to "Eat Better and Move More," starting April 4.

The Office on Aging is a partner in this 12-week program entitled "You Can – Steps to a Healthier Aging." Seniors will log their progress and set goals in an effort to eat nutritiously and increase physical activity.

Several wellness programs throughout the city will participate. To find out how you can participate, contact the D.C. Office on Aging Information and Assistance Unit at 202-724-5626.

You Can is part of the Steps to a Healthier U.S. campaign launched by the Department of Health and Human Services.

